

Seattle Human Services Department
Aging & Disability Services (ADS) – Seattle-King County, Washington
Healthy Aging Inventory – June 2004

| Program | Description | ADS Partners | ADS Aging Network \$\$ | 2003 Results | Outcome / Evaluation |
|--|--|---|--|--|--|
| ADS Area Plan on Aging <ul style="list-style-type: none"> 2004-2007 Plan 2000-2003 Plan | The Area Plan charts the course that ADS will follow over the next four years as we seek to create an elder-friendly community. The major goals outline steps to: <ol style="list-style-type: none"> 1. Address Basic Needs 2. Improve health and well-being 3. Promote civic and social engagement 4. Increase the independence for frail older adults and people with disabilities | ADS Advisory Council United Way King County Seattle Human Services Dept. Lead: ADS | \$58 million | 20,000 participants | Sample Community Indicators <ul style="list-style-type: none"> • % of people age 65+ who are aware of selected community • % of people age 65+ who have access to public transportation • % of people 65+ whose physical or mental health interfered with their activities in the past month • % of people age 65+ who report cutting the size of or skipping meals due to lack of money • % of people 65+ who participate in regular physical exercise • % of people age 65+ who report being in good to excellent health |
| Healthy Aging Partnership (HAP) Sound Steps & Shape UP! King County Guide | Coalition dedicated to helping older adults live longer, healthier lives. Promotes free, confidential information and assistance. Promotes 1-888-4ELDERS toll free number. Publicizes health messages. Sponsors: | 30+ organizations involved in HAP including: Public Health, Comprehensive Health Education Foundation (CHEF), Senior Services, University of Washington Health Promotion Research | <ul style="list-style-type: none"> • \$37,000 King County • \$25,000 RWJ Aging Blueprint • \$15,000 CHEF • Membership dues | <ul style="list-style-type: none"> • 6000 Phone calls • 114,000 Hits to Website • 500 Sound Steps | <ul style="list-style-type: none"> • Increased calls to 1-888-4elders • Increased hits to 4elders.org web site Healthy Aging Partnership Sound Steps 2003 Evaluation Report |

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| | <ol style="list-style-type: none"> 1. Sound Steps, 3 month walking program 2. SHAPE Up web site with Seattle physical activity resources (in development) | Center (HPRC), Seattle Parks Department, AARP Lead: Public Health | \$2500/yr | Participants | <ul style="list-style-type: none"> • Increased physical activity • Health improvements • Community Building |
| Chronic Disease Registry | Increase the number of long-term care case management clients with chronic diseases under control. | Seattle-King County Public Health, UW Rehab Medicine American Diabetes Association Washington State Dept of Health Lead: ADS | <ul style="list-style-type: none"> • \$5,000 CHEF • \$30,000 REACH • \$20,000 OAA • In-kind PT students | <ul style="list-style-type: none"> • 300 clients in registry • 120 clients received interventions | <ul style="list-style-type: none"> • Increased physical activity • Strength, flexibility • Improved diet • Reduced weight • Reduced HbA1c • No formal evaluation at this time |
| Health Enhancement Program & Lifetime Fitness | <ul style="list-style-type: none"> • 6-12 month participant-directed health behavior change program • Uses motivational interviewing to manage chronic conditions • Group exercises 3x /week (strength, balance, cardio, flexibility) | Senior Services of Seattle/King County Public Health Department Hospitals, senior centers UW HPRC Lead: Senior Services, HPRC | <ul style="list-style-type: none"> • \$120,000 OAA • \$100,000 AoA for expansion • \$200,000 RWJ • \$ 40,000 Public Health | 1800+ participants | Evaluation of Health Enhancement and Lifetime Fitness <ul style="list-style-type: none"> • Increased physical activity • Reduced hospitalizations • Health improvements |
| Senior Market Basket enhances access to fresh fruits and vegetables for seniors and supports local sustainable agriculture | <ul style="list-style-type: none"> • Fresh produce baskets delivered bi-weekly with MOW to 500 seniors • Baskets included newsletters with information about unfamiliar foods, recipes, & information about the farmers • Market vouchers or baskets | Pike Place Market Community-Supported Agriculture (CSA), Senior Services Meals on Wheels, congregate meal providers, Public Health, Washington State Aging and Disability | <ul style="list-style-type: none"> • \$50,000USDA • \$30,000 State Vitamin Settlement Grant, • \$40,000 OAA • In-kind | 1500 participants | <ul style="list-style-type: none"> • Increased consumption of fruits & vegetables • Increased purchase of local produce • 2001 Senior Market Basket Evaluation • 2003 Senior Produce Statewide |

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| WSU's Nutrition Education: Farmer's Market Programs | provided to 1,000 low-income congregate meal participants | Services Administration (ADSA), Washington State University Nutritional Sciences Lead: ADS State Lead: ADSA | | | Evaluation <ul style="list-style-type: none"> • Research Article featured in the CDC journal, "Preventing Chronic Disease" |
| PEARLS (Program to Encourage Active, Rewarding Lives for Seniors) | Problem-solving counseling intervention to alleviate symptoms of minor depression | Aging & Disability Services Case Management UW Health Promotion Research Center Lead: HPRC, ADS | <ul style="list-style-type: none"> • \$35,000 CDC funding • \$20,000 OAA funding to expand in 2004 | 140 participants | Reduced depressive symptoms Evaluation to be published in JAMA soon |
| Congregate Nutrition / Physical Activity | Helps meet the dietary needs of adults 60 years and older by providing nutritionally sound meals in a group setting. Nutrition education, nutrition counseling, and social and fitness activities are also provided. Physical activity component required for 2004 (RFP). | Community-based meal program agencies UW HPRC for physical activity evaluation Lead: ADS | ADS has budgeted approximately \$2.34 million annually (Federal OAA, State and local) | <ul style="list-style-type: none"> • 10,000 participants • 10% targeted for increased physical activity | <ul style="list-style-type: none"> • Increased physical activity • Improved nutritional status • Self report surveys used to evaluate effectiveness |
| Pharmacy Connections News Article | <ul style="list-style-type: none"> • A toll-free, statewide telephone line will be established to provide information and assistance for questions about public and private programs offering low-cost medications. • A Senior Drug Information Program will focus on the safe and | Senior Services of Seattle/King County, Information & Assistance programs statewide, SHIBA (a SHIP program), NCOA Benefits Checkup Lead: Senior I&A | \$175,000 | Begins 2004 | <ul style="list-style-type: none"> • Reduce cost of prescription drugs to consumers • Increase use of discount drug programs • Education re: medication management |

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| | appropriate use of medications. | | | | |
| Crossroads NORC Demonstration Project (CNDP) | <ul style="list-style-type: none"> • CNDP will offer an array of services to elders residing in selected residential communities. Since a large number of immigrants and refugees from the former Soviet Union (FSU) and southeast Asia live in the area, services will be both flexible and culturally sensitive. A strong emphasis will be placed on health education and promotion. • The goal of the Project is to identify methods and strategies that enable seniors from diverse backgrounds to age in place successfully | Jewish Family Services | <ul style="list-style-type: none"> • 147,177 Title IV Grant • \$53,010 In-Kind | | <ul style="list-style-type: none"> • A majority of enrollees will demonstrate an increased awareness of disease prevention measures • A significant number of enrollees will demonstrate behavioral changes consistent with this knowledge. |
| <i>Future possibility:</i> Research project to determine if consulting pharmacist to case managers reduces Medicaid costs | Reduce Medicaid prescription drug costs for long term care clients served in the home. | UW HPRC, ADS case management program | | | Reduce Medicaid prescription drug costs |
| <i>Future possibility:</i> Study to test Senior Risk Research Model | Use Information & Referral to strengthen access to health promotion activities for well seniors in the community to reduce Medicare costs. | Senior Services I&A | | | <ul style="list-style-type: none"> • Increase physical activity • Reduce Medicare costs |